

Learn more about Gastrointestinal health

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Up to 70 million Americans are affected by gastrointestinal problems. Aurora Health Care would like to be a resource for helping you stay informed and healthy. See your doctor if you have blood in your stool, changes in bowel habits, severe abdominal pain, unintentional weight loss or heartburn not relieved by antacids.

Websites

cancer.org The *American Cancer Society* has reputable information about the risks for colorectal cancer, signs and symptoms, tips on understanding your pathology report, as well as state-of-the-art screening and treatment options.

ccfa.org *Crohn's and Colitis Foundation of America* offers educational resources. Find a doctor, talk to an information specialist, and find local chapters and support groups, as well as links to the latest research.

ibsgroup.org *IBS Self Help and Support Group* is a patient-led educational organization for sufferers of irritable bowel syndrome that provides many ways to connect, including blogs, forums, "meetups" and "penpals."

digestive.niddk.nih.gov *National Digestive Diseases Information Clearinghouse (NDDIC)* is a comprehensive resource for digestive disease information, and includes a well-organized A-Z list of topics and titles.

pancan.org *Pancreatic Cancer Action Network* helps you learn about pancreatic cancer, find support resources, listen to survivor stories and evaluate treatment options.

patients.gi.org The patient information page on the *American College of Gastroenterology* website provides thorough information about diseases of the gastrointestinal tract, such as detailed articles, patient brochures and links to medical sites.

Local resources

aurora.org/GI Gastroenterology/GI Services website. Enter any stomach/bowel disorder or symptom in the site search box to link to more information; for example, "Irritable Bowel Syndrome," or "GERD."

International Foundation for Functional Gastrointestinal Disorders (IFFGD) is a nonprofit education and research organization with the goal of informing, assisting and supporting people affected by gastrointestinal disorders. Contact by phone at 414-964-1799. You can also email iffgd@iffgd.org.

Books

Crohn's and Colitis: Understanding and managing IBD by A. Hillary Steinhart, Robert Rose Inc., 2012, ISBN 0778804011, \$24.95. This book has been written to provide patients, families, friends, and healthcare professionals with clear, current, credible, and practical information about the possible causes and the effective treatment of IBD.

The Inside Tract - You're Good Guy Guide to Great Digestive Health by Gerard Mullin, MD, Rodale Books, 2011, ISBN 9781605292649, \$19.99. This book by board-certified Johns Hopkins gastroenterologist and nutritionist Gerard Mullin, MD, takes the latest science on reflux, irritable bowel syndrome, inflammatory bowel disease and many other chronic gut problems, and offers a practical guide to ending the suffering.

Johns Hopkins Patients' Guide to Colon and Rectal Cancer by Nita Ahuja and Brenda S. Nettles, Jones & Bartlett Learning, 2014, ISBN 9780763774288, \$20.76. This book is a concise patient guide on treating and coping with colorectal cancer.